

Herb of the Month: Eucalyptus

eucalyptus globulus, is best known as a decongestant for colds. Powerful antibacterial and antiviral. Good for use in rheumatism pain. Promotes cell regeneration and regulates the oiliness of the skin. Increases circulation and helps stabilize blood sugar. Eucalyptus oils are categorized into three broad types according to their composition and main use: medicinal, perfumery and industrial.

Sinus Infection Remedy



Try this sinus infection remedy Add 8 - 10 drops of eucalyptus oil into a bowl of just boiled water. Using a towel as a tent over your head, inhale the vapors... This wonderful remedy for clearing your sinuses as well as your mind should be done twice a day. Discard the water after use.

The oil can also be added to a humidifier or vaporizer. Add a few drops on a tissue and then inhale the vapors. Eucalyptus oil has antiseptic, anti-fungal properties that help to decrease the inflammation of the mucus linings and kills the bacteria and fungi breeding in stagnated mucus.

Be cautious as to not get too close to the water and the vapors quickly. Ease your nostrils and face over the water at some distance to start. Otherwise you may get a burning sensation in your nose if inhaled too fast and too deep.

If you have a neti pot, start by warming water and add a pinch of salt. If you do not own a neti pot, the basic mechanics show you how warm water flows in through and one side of your nostril and then flows out of the other side cleaning the entire nasal passage way in the process. This helps to drain the stagnated mucus away from the wall. Ease your way into this exceptional remedy and you will often never need an antibiotic from your doctor.

Eucalyptus Healing Balm

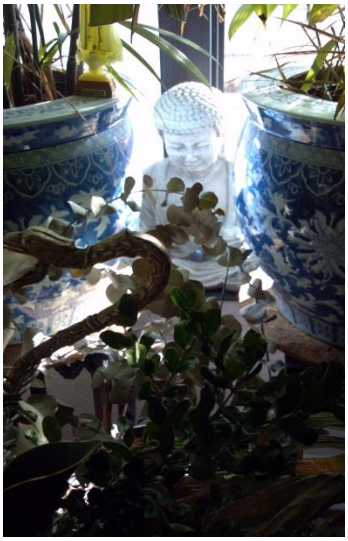


Here is a recipe for **Eucalyptus Healing Balm!** To make this healing balm/salve, you will need a pan to melt the ingredients and a container to store the finished product in. This balm can be used as a soothing chest/cough/nasal/cold remedy. It can also be used under the nose to open up sinus passages rubbed into painful muscles or aching joints. It is very effective for pain that is associated with dampness and cold.

Ingredients:
2 parts coconut oil
1 part beeswax
eucalyptus essential oil (about 10 drops per ounce)
white camphor essential oil (about 5 drops per ounce)
Simply melt the oil and beeswax in a pan and then add the essential oils. Pour into your metal tin(s) or other container. And that's it!

The salve will harden within 10-15 minutes. If you find it is too soft, like the consistency of an ointment, you can scoop it back into the pan, re-melt it and add more beeswax. If it is too hard, re-melt and add more oil. Essential oils of hyssop, rosemary, peppermint, thyme are additional oils that help relieve chest congestion. (Some essential oils should be avoided during pregnancy, so check the safety of any oils you plan to add if pregnant.)

My Home Garden…and Yours



In my home, I have a large window with a lot of light that steams in during the morning hours. Most of my potted trees and plants have found their way over to the light as they always "perk up" when the sun rounds the building across the way and kisses their green leaves each morning!

I was given a very large Buddha statue as a gift during one of my lectures, so he is constantly gracing my presence with his peaceful, calm demeanor… hands folded in meditation and repose. I have added a large crystal eye to his palms to always remember that his "Third eye" remains open (and so should mine).

So I chose to enhance his surroundings one day on a trip through our farmer's market here in New York City, at Union Square. I found large sprigs of eucalyptus branches and placed them in two large vases on the floor in front of him. They are the centerpiece under my window. They are accompanied by a beautiful crystal fountain (one that was hand made for me by Lisa Ventura), an antique dragon vase (found at the same farmer's market) and the beautiful Buddha statue.

Do you have a space in your home that needs "dressing up?" Consider eucalyptus branches or better yet, a potted, fragrant eucalyptus tree! Use it at your front door to "protect your home" or make them a centerpiece at your table.



Angel's Mist Eucalyptus Essential Oil is gathered from the fresh leaves of the tall, evergreen eucalyptus tree. The tree, scientifically classified as Eucalyptus Globulus is also known as the fever tree, blue gum tree or stringy bark tree, depending on where it is located in the world.

The Psychological Aspects of Eucalyptus Essential Oil

This amazing evergreen tree has its roots in Australia and Tasmania. Now grown all over the world, there are over 700 species of eucalyptus trees, 500 of which produce essential oils. Eucalyptus is one of three similar genera that are commonly referred to as "eucalypts", the others being Corymbia and Angophora. Some species are known as gum trees because they exude thick sap from any break in the bark Scribbly gum is the generic name derived from the Greek words (eu) "well" and (kályptos) "covered", referring to the operculum or "cap" initially concealing the flowers.

Used originally to treat infections and fevers by the Aborigines, its next discovery was by French naturalist, De Labillardiere. Used to treat malaria and fever, this exceptional oil was also used to dry up mucus and help to tonify the lungs. This “fever tree” was planted all over Algiers to “dry up” marshy wetlands infected with malaria breeding, stagnant waters. In fact, the eucalyptus planted in these marsh areas would dry up all the wetlands, converting damp, stagnant marshy areas into dry beds!

This aromatic and pungent essential oil works as an expectorant to clear out mucus and deep rooted phlegm. Therefore, this oil has wonderful antiviral, anticatarrhal and antibacterial properties that make it a “must-have” for any herbal medicine chest! It should be used for sinusitis, the common cold, productive cough, laryngitis and bronchitis.

Another benefit of this healing oil is its ability to dry up urogenital disorders such as leucorrhea and cystitis. Dilute in a douche or bathwater for cleansing and clearing out the dampness and infection associated with infectious microbes and discharge. This oil has been used for centuries as a pain analgesic for soothing neuralgia and muscular pain that is worse in damp/cold weather.

Psychologically, this incredible essential oil works on freeing our mind. It opens us up to clearer thinking, lifting the heaviness associated with feeling “pinned down” and brings about an “air” of freedom, optimism and positivity. Consider using this oil in an oil burner or diffuser to broaden and open up any room that feels “closed in” or needs “brightening”. This magical oil us also used in incense to “burn away” the trapped emotions or self-contained emotions of fear, insecurity and doubt associated with long term beliefs that no longer serve you. Add some essential oil to a snifter bottle or as a roll on perfume to bring about the awareness of happiness and good fortune in your life!

The round leaves of certain species of eucalyptus have been used to propagate and bring a conscious association to money. That is why it is connected to “bringing money to you”. It has sometimes been referred to as a “money tree” or “cash bush” and therefore, is great to have as a part of any empowerment ritual, in a money bag, wallet or purse or used in herbal casting for bringing about change in the financial arena.

As you have read, eucalyptus has a long standing reputation in the healing arena, but it is also known as the “herb of protection”. Used for centuries as a guardian growing outside people’s home to protect them from harm or planted in gardens to protect them from pesky insects and other damaging visitors, this herb can be used as a wonderful tool for “expanding” your boundaries and moving forward without fear. Also eucalyptus leaves have been cast into bonfires, fireplaces and on to candles or incense to help a weak person “cast off evil”. In fact, it is widely believed eucalyptus leaves effectively ward off evil and repel enemies who bring you trouble. So, when you want to dry up a phlegm filled cough or congested sinus, need a rub for pain or achy muscles or need to bring more protection and awareness into your life, consider the magical benefits of this rich and “camphoreous” tool of nature!